

Curried Corn Bisque

Onions, curry powder, hot sauce and coconut milk blend together with fresh or frozen corn to create this delicious bisque.



Feel free to use frozen corn, which works perfectly well in soups. Serve with a salad for a satisfying, light dinner, or use leftovers for lunch. Try adding a squeeze of lime or a dollop of plain yogurt and chopped scallions. You can also substitute frozen peas to make a curried sweet pea bisque.

Ingredients:

- 1 T canola oil
- 1 cup chopped onions
- 1 T curry powder
- 1/2 tsp hot sauce, or to taste
- 1/4 tsp salt, or to taste
- 1/4 tsp freshly ground pepper
- 2 16 oz. packages frozen corn (or 4 cups freshly grated from the cob)
- 2 cups reduced-sodium chicken broth
- 2 cups water

Preparation:

Heat oil in a large saucepan over medium-high heat. Add onions and cook, stirring occasionally, until soft - about 3 minutes. Add curry powder, hot sauce, salt and pepper and stir to coat the onions. Stir in corn, broth and water. Increase the heat to high and bring the mixture to a boil. Remove from the heat and puree in a blender or food processor (in batches, if necessary) into a mixture that still has some texture. Pour the soup into a clean pot, add coconut milk and heat through. Serve hot or cold.

Nutrition Facts

Yield 8 servings

Amount Per Serving

Calories 145

Fat 5 g

Cholesterol 1 g

Protein 5 g

Carbs 25 g

Fiber 3 g

Sodium 121 mg

M52755 5/13
© 2013 United HealthCare Services, Inc.
Recipe Source: myOptumHealth



For more recipes and health information, visit myuhc.com®